CNBC44/FNBC43 — LIFE STYLE DISEASES AND PREVENTION

Time : Three hours   Maximum : 75 marks

SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.

1. What do you mean by diet?

2. Classify high fibre food.

3. What is fast food?

4. Outline the symptoms of computer vision syndrome.

5. List the types of renal calculi.

6. Explain the causes of mood swing.

7. What are the various types of cancer?

8. Classify the drugs for DM.

9. What is life style change?

10. Show the example for outdoor games.

SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Identify the importance of water.

Or

(b) Examine the functions of diet.

12. (a) Discuss the concept of foods and food habits.

Or

(b) Compare the computer and mobile vision syndrome.

13. (a) Identify the causes and symptoms of gallstone.

Or

(b) What helps people cope with depression? Explain.

14. (a) Identify the best way to prevent spread of epidemic disease.

Or

(b) Analyse the symptoms and causes of obesity

15. (a) List out the advantages of regular walking.

Or

(b) Analyze the benefits of meditation.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain the requirement and functions of minerals in detail.

17. Interpret the consequence of cigarette smoking.

18. Interpret the stress management and prevention.

19. Discuss the causes, symptoms and treatment for CHD.

20. Elaborate the various types of yoga and its benefits.

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